

# **Supplies for the Safe Swallowing Educational Training**

**Access to Power Point located on ADRC Website –  
under Care Transition Training**

**Poster – Red Flags for Safe Swallowing**

**Cups/spoons/plates**

**Dysphagia Diet Cards**

**Thick-it and Water**

## **Various foods:**

**Level 1 - pureed – smooth (no lumps)**

**Pudding like ~ not jello like**

**Level 2 – mechanically altered –**

**Moist, soft textures~ ground,  
minced, or mashed**

**Level 3 – mechanically soft – soft solid**

**Easy to cut up but not hard,  
crunchy or dry.**